For More Information . . .

About this and other National Forest opportunities, contact the following office:

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Spring Valley Cross-country Ski Trail

Kaibab National Forest

United States Department of Agriculture

PREPARED BY Forest Service

Southwestern Region

Before You Leave

Notify a responsible person of your planned route of travel. Mark it on a map. Give your planned time of departure and return. Be sure to notify that person when you do return.

Clothing and Equipment

Layers of clothing, which can be adjusted to prevailing conditions, are best. A good quality windbreaker jacket and wind pants are excellent. Avoid tight-fitting clothes and boots which may restrict circulation. Take extra socks and gloves or mittens, warm cap, matches in a waterproof container, candle, firestarter (000 steel wool works well), nylon cord, general-purpose knife, high-energy food, plastic tarp, space blanket, signal mirror, first aid kit, wide tape for repairs and metal container for melting snow.

Food and Water

A good rule is "lightweight but loaded," meaning loaded with calories. Plan your meals to ensure a diet of high-energy foods.

Water is often difficult to find in winter. All that is available may be what you carry in containers or melt from snow. The body loses as much as 2 to 4 quarts of fluid per day under exertion. Replacement of fluid loss is very important for maintaining physical condition. Eating snow provides only limited water (10 to 20 percent), drains energy, and cools the body temperature. Avoid melting snow by body contact. Travel equipped to melt snow. Save your energy.

Melting snow for water to drink should be done only in an emergency!

Litter and Sanitation

Litter and debris can mar the quality of a recreation experience—particularly when viewed against a mantle of white snow. Help others enjoy winter travel in national forests by carrying out what you carry in.

A Word Of Caution

Cross-country skiing on this trail may involve some hazards such as bare spots, variation in snow, ice and terrain along with bumps, moguls, stumps, forest growth, debris, rocks and many other hazards or obstacles. The skier must recognize and accept these hazards of cross-country skiing and must be able to ski under control at all times.

Wind, Temperature and Moisture

These weather factors can greatly affect the safety of a winter traveler. Each contributes to the loss of body heat.

Wind Speed	Cooling Power of Wind Expressed as "Equivalent Chill Temperature"											
MPH	Temperature (F)											
Calm	40	30	20	10	5	0	-10	-20	-30	-40	-50	-60
Equivalent Chill Temperature												
5	35	25	15	5	0	-5	-15	-25	-35	-45	-55	-65
10	30	15	5	-10	-15	-20	-35	-45	-60	-70	-80	-95
15	25	10	-5	-20	-25	-30	-45	-60	-70	-85	-100	-110
20	20	5	-10	-25	-30	-35	-50	-65	-80	-95	-110	-120
25	15	0	-15	-30	-35	-45	-60	-75	-90	-105	-120	-135
30	10	0	-20	-30	-40	-50	-65	-80	-95	-110	-125	-140
35	10	-5	-20	-35	-40	-50	-65	-80	-100	-115	-130	-145
40	10	-5	-20	-35	-45	-55	-70	-85	-100	-115	-130	-150
	Little Danger			Increasing Danger (Flesh may freeze within 1 minute)				Greater Danger (Flesh may freeze within 30 seconds)				

Snow Country Ethics

Be Aware of Hazards — avalanche, whiteouts, hypothermia, frostbite, altitude sickness and hyperventilation. The risk to rescue parties is frequently severe.

Use Established Sanitation Facilities — home, gas stations, trailhead - before hitting the trail.

When Necessary to Relieve Oneself in the Woods, get well away from established travel routes and water sources. Pack out or burn toilet paper.

Avoid Disturbing Wild Animals by staying out of elk and deer wintering areas. Pass quietly or detour, should you spot some animals.

Trash and Snow Don't Mix. Pack everything out - even fruit peels.

The Stove And Foam Pad have replaced wood fires and bough beds. If a wood fire is a must, avoid stripping trees for fuel. Scatter the ashes.

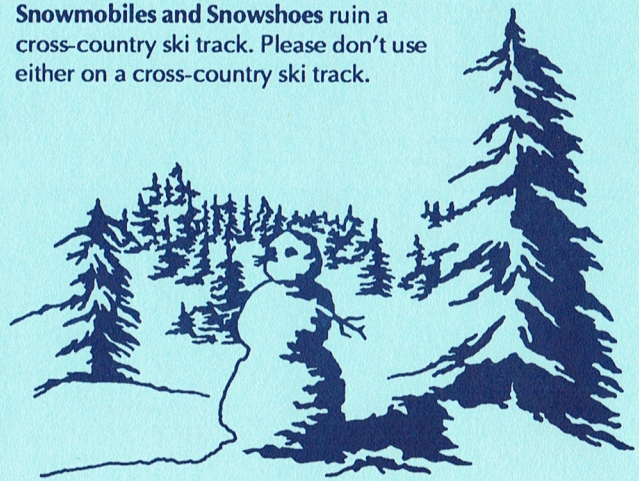
Where Backcountry Travel Routes Are Maintained, leave your dog at home.

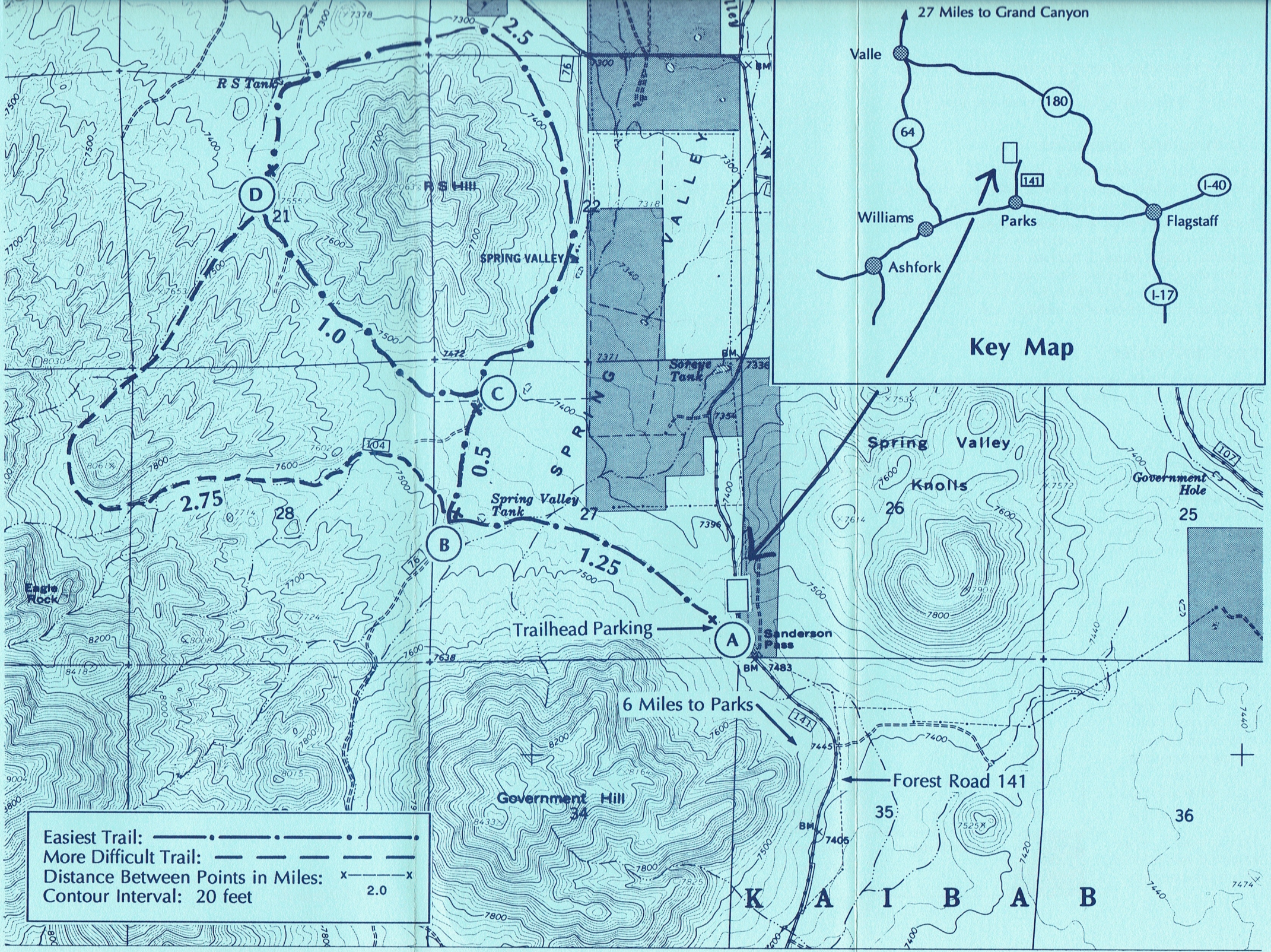
Be Considerate of other winter back-country travelers. Remember we're all out to enjoy the outdoors.

Respect Private Property. Ask permission before entering.

In Spring, stay on snow or rocks. Mountain soils and plant life are very fragile during the thaw.

Snowmobiles and Snowshoes ruin a cross-country ski track. Please don't use either on a cross-country ski track.




27 Miles to Grand Canyon
Valle
180
64
141
I-40
Williams
Parks
Flagstaff
Ashfork
I-17
Key Map
R S Tank
R S Hill
SPRING VALLEY
Storage Tank
Spring Valley Tank
Spring Valley Knolls
Government Hole
Eagle Rock
Trailhead Parking
Sanderson Pass
6 Miles to Parks
Forest Road 141
Government Hill
K A I B A B
2.5
1.0
0.5
2.75
1.25
Easiest Trail:
More Difficult Trail:
Distance Between Points in Miles:
2.0
Contour Interval: 20 feet